



**Aspirus Ontonagon Hospital  
PHYSICAL THERAPY FITNESS CENTER  
(906) 884-6054 Fax (906) 884-6040  
400 River Street, Ontonagon, Mi. 49953**

**State of Michigan employees, upon showing their pictured state I.D. cards, will receive a 10 % discount on memberships. (This includes your family!)**

**Call for information on types of memberships, rates and class schedules.**

**AOH Fitness Center offers a full line of exercise equipment and free weights. Also, a variety of cardiovascular machines and exercise classes such as Pilates, 8-Step aerobics, low impact aerobics, and yoga are available. And there are ACE certified trainers at the facility at all times! The fitness center is able to “plan and coordinate” work-outs for all clients.**

### **HOURS OF OPERATION:**

**Monday– Friday      6:00 a.m.—9:00p.m.**

**Saturday              10:00a.m.—6:00p.m.**